



# Sunshine Day Respite Program

## Sunshine



## About Sunshine Day

Benetas Day Respite Program in Sunshine is set up to provide a warm, home-like environment, offering a lovely, ample light filled space, where clients can engage in a wide range of activities, share meals and socialise.

## Day programs

Our weekday programs provide you with a caring environment where clients can engage in activities, enjoy meals and outings and socialise with others.

Day programs are run both at the facility and in the community.



“The staff are family to me. Staff often contact me to ask how I am which I appreciate. I like that I am able to do things myself.”

**Benetas Day Respite client**

## Our Staff

All Benetas Sunshine Day Respite program staff are carefully selected for their qualifications, experience and commitment to supporting older people to live happy, healthy lives.

They are focused on our clients' needs and are driven by our values of respect, responsibility, community and spirit.

The bonds that form between our staff and clients are strong, resulting in many of our staff staying with us for many years.

## Eligibility

To access Benetas Sunshine Respite Program, you can be referred through your local Home and Community Care services, your local council, your local Aged Care Assessment Services, your doctor or via self referral.

Reminder: You may also be able to access government funding. Contact us today if you would like assistance in applying for funding.

## Quality service, guaranteed

Benetas Home Care conducts a regular audit program by external agencies.

These recognise Benetas Home Care as a provider of exceptional service under the HDAA ISO9001:2015 standard as well as through the Australian Aged Care Quality Agency.



## Other Home Care services offered by Benetas

Whether it's understanding the home care system, navigating My Aged Care, or switching to a reliable home care service, we're here to help. Benetas can visit you to discuss your options and find the best way forward for you and your loved one, at no cost.

We provide absolute transparency, no set-up or daily care fees, and 24/7 support.

We offer a wide range of domestic and clinical care which can be easily tailored to your needs, whether it's one-off, short-term or ongoing.

### Personal and home care

Includes housework, gardening, cooking, shopping, transport, companionship and more.

### In-home nursing and support

Includes personal care (such as toileting, showering and dressing), continence care, medication assistance, wound management and more.

To switch or start a home care service today, learn more or chat with a Benetas aged care advisor, please contact us.

1300 23 63 82

Monday to Friday 9am–5pm

## Respite supports people to stay at home longer

We know that many older people are able to stay living in their own homes for longer because of the help their family and friends provide.

We also know that helping carers to remain happy and healthy is critical to ensure they can continue to support their loved one.

That's why respite services are so important. We provide carers with an opportunity for a break from their caring role, whilst the older people they care for are provided with the opportunity to engage in fun and stimulating activities in a caring environment and socialise with others their own age.

At Benetas Sunshine Day Respite Program, we can step in at short notice, supporting yours or your loved one's independence, encouraging new interests and respecting lifestyle choices.



“Researchers have found that each additional hour of service received per week is associated with a 6 per cent lower risk of entry into permanent care. The more hours of home care services that people accessed, the lower their risk of entry into residential care.”

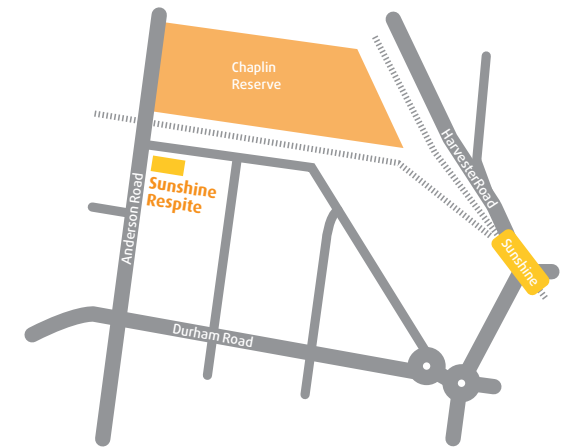
**Dr Mikaela Jorgensen, lead researcher at Australian Institute of Health Innovation**

## Let's chat

Should you like to book a service directly with Sunshine Day Respite Centre, please do not hesitate to contact our friendly staff.

**Phone: 03 9399 9262**

**Address: 100 Anderson Street, Sunshine**



## About Benetas

Benetas is a not for profit organisation dedicated to supporting older Victorians and their friends and carers through a range of services. Our services include a network of residential aged care homes, independent living villages, as well as respite and home care services. We also provide In Home Nursing services for people of all ages.

We are proud of the significant impact we make to the community through our commitment to research and advocacy of behalf of older people as well as our One Wish program and Hardship fund. Benetas was founded by the Anglican Diocese of Melbourne in 1948.

Find out more at [www.benetas.com.au](http://www.benetas.com.au)